

INDEX

- acute mountain sickness, 2-6, 2-8, 2-21
- anchors, 5-1 to 5-16
 - artificial, 5-8 to 5-15
 - bolts, 5-14, 5-16 (illus)
 - chocks, 5-11
 - placement, 5-12, 5-13 (illus)
 - deadman, 5-8
 - pitons, 5-9
 - hero loop, 5-10 (illus)
 - placement, 5-9, 5-10 (illus)
 - removal, 5-11 (illus)
 - reusing, 5-11
 - spring-loaded camming device, 5-13, 5-14 (illus)
 - natural, 5-1
 - boulders, 5-2 (illus)
 - bushes and shrubs, 5-4 (illus)
 - chockstones, 5-2, 5-3 (illus)
 - rock projections, 5-3 (illus)
 - slinging techniques, 5-4 thru 5-6
 - trees, 5-1 (illus)
 - tunnels and arches, 5-4
 - pre-equalized, 5-16 (illus)
 - rope, 5-7 (illus)
 - tensionless, 5-7, 5-8 (illus)
 - self-equalizing, 5-15 (illus)
- ascenders, 3-20 (illus)
- avalanche, 1-27
 - hazards, 1-29
 - checklist, 1-32 (table)
 - slope stability, 1-29
 - snow pits, 1-30
 - triggers, 1-29
 - rescue equipment, 3-27 (illus)
 - avalanche probe, 3-27, C-2
 - avalanche transceivers, C-27
 - search and rescue techniques, C-1
- belay devices, 3-19 (illus)
- bolts, 3-18, 3-19 (illus), 5-14, 6-54
- carabiners, 3-11, 3-12 (illus)
- chock picks, 3-18 (illus)
- chocks, 3-15 (illus), 6-55
- climbing, 6-1
 - aid, 6-54
 - combination techniques, 6-19
 - change step, 6-19
 - chimney sequence, 6-24, 6-25 (illus)
 - down climbing, 6-25
 - lieback, 6-21, 6-22 (illus)
 - mantling, 6-19, 6-20 (illus)
 - stemming, 6-22 (illus)
 - undercling, 6-20, 6-21 (illus)
 - commands, 6-43
 - rope tug, 6-44
 - verbal, 6-43, 6-44 (table)
 - lead, 6-45
 - roped, 6-27
 - belay techniques, 6-32
 - body belay, 6-34
 - sitting, 6-36 (illus)
 - standing, 6-36 (illus)
 - mechanical, 6-37
 - tying-in, 6-27, 6-29 (illus)
 - safety, 6-8 thru 6-9
 - sequence, 6-4 thru 6-8 (illus)
 - shoes, 3-2 (illus)
 - stance, 6-3
 - correct, 6-3 (illus)
 - incorrect, 6-4 (illus)
 - top-roped, 6-45
 - using the hands, 6-13
 - jam hold, 6-17, 6-18 (illus)
 - pinch hold, 6-16, 6-17 (illus)
 - pull hold, 6-15, 6-16 (illus)
 - push hold, 6-14, 6-15 (illus)
 - using the feet, 6-10
 - edging, 6-11, 6-12 (illus)
 - jamming, 6-12, 6-13 (illus)
 - smearing, 6-12 (illus)
 - sole contact, 6-10, 6-11 (illus)
- clothing, 3-2
 - eyewear, 3-7 (illus)
 - gaiters, 3-4, 3-5 (illus)
 - hand wear, 3-5, 3-6 (illus)
 - headwear, 3-6 (illus)
 - helmets, 3-7 (illus)

- insulating layers, 3-3, 3-4 (illus)
- outer layers, 3-3
- socks, 3-2
- underwear, 3-2
- clouds, 1-15 to 1-23
 - cover, 1-25
 - formation, 1-15
 - interpretation, 1-23
 - types, 1-15
 - altocumulus, 1-18 (illus)
 - altostratus, 1-18 (illus)
 - cirrostratus, 1-19, 1-20 (illus)
 - cirrus, 1-19 (illus)
 - contrails, 1-22 (illus)
 - cumulonimbus, 1-20, 1-21 (illus)
 - cumulus, 1-15, 1-16 (illus), 1-20
 - lenticular, 1-21, 1-22 (illus)
 - nimbostratus, 1-15, 1-17 (illus)
 - orographic, 1-21
 - stratocumulus, 1-15, 1-17 (illus)
 - stratus, 1-15, 1-16 (illus)
- cord, 3-9
- crampons, 3-22, 3-23 (illus), 10-2, 10-8
 - walking in, 10-6 (illus)
 - use of, 10-2
- crevasse, 10-27
 - bivouac procedures, 10-33
 - rescue techniques, 10-29
 - snow bridge, 10-27
- dehydration, 2-14
- descenders, 3-20 (illus)
- frostbite, 2-11, 2-18 (illus), 2-19 (illus)
- gear, 3-30 thru 3-33
 - personal, 3-30
 - specialized, 3-31
 - standard, 3-30
 - ten essentials, 3-32, 3-33
- glacier, 10-19 (illus), 10-22 (illus)
 - ablation zone, 10-23 (illus)
- harness, 3-10
 - chest, 3-10, 6-28
 - full-body, 3-10, 6-28
 - improvised, 6-28, 6-29, 6-30 (illus)
 - bowline-on-a-coil, 6-28
 - swami belt, 6-28
 - seat, 3-10, 3-11 (illus), 6-27
- headlamps, 3-30
- heat cramps, 2-20
- heat exhaustion, 2-21
- heat stroke, 2-21
- Hibler Pack, 2-17
- high-altitude cerebral edema, 2-6, 2-22, 2-24, 2-25
- high-altitude pulmonary edema, 2-6, 2-23, 2-25
- hypothermia, 2-15
- ice ax, 3-21, 3-22 (illus), 10-2, 10-7, 10-9
 - use of, 10-2
 - anchor position, 10-4 (illus)
 - cane position, 10-2, 10-3 (illus)
 - cross body position, 10-3 (illus)
 - dagger position, 10-5 (illus)
 - hammer position, 10-5, 10-6 (illus)
 - push-hold position, 10-4, 10-5 (illus)
- ice hammer, 3-22 (illus)
- ice screws, 3-24 (illus), 10-15 (illus)
- Kernmantle, 3-8 (illus)
- knots, 4-8 to 4-33
 - Bachman, 4-23, 4-24 (illus)
 - bowline, 4-13, 4-14 (illus)
 - bowline-on-a-bight, 4-19, 4-20 (illus)
 - bowline-on-a-coil, 4-24, 4-25 (illus)
 - classes of, 4-8
 - clove hitch, 4-16, 4-17 (illus)
 - directional figure-eight, 4-18, 4-19 (illus)
 - double fisherman's, 4-10, 4-11 (illus)
 - end-of-the-rope Prusik, 4-22, 4-23 (illus)
 - figure-eight bend, 4-11, 4-12 (illus)
 - figure-eight loop, 4-21 (illus)
 - figure-eight retrace, 4-15, 4-16 (illus)
 - figure-eight slip, 4-26, 4-27 (illus)
 - fisherman's, 4-9, 4-10 (illus)
 - frost, 4-29 (illus)

- girth hitch, 4-30 (illus)
- garde, 4-32, 4-33 (illus)
- Kleinheist, 4-28 (illus)
- middle-of-the-rope Prusik, 4-22 (illus)
- munter hitch, 4-30, 4-31 (illus)
- rappel seat, 4-31, 4-32 (illus)
- round turn and two half hitches, 4-14, 4-15 (illus)
- square, 4-9 (illus)
- transport, 4-27 (illus)
- three-loop bowline, 4-25, 4-26 (illus)
- two-loop figure-eight, 4-20, 4-21 (illus)
- water, 4-12, 4-13 (illus)
- wireman's, 4-17, 4-18 (illus)
- litters, 11-7
 - basket type, 11-7
 - field-expedient, 11-8
 - patient rescue and recovery system, 11-8 (illus)
 - poleless, nonrigid, 11-7
 - poleless, semi-rigid, 11-7
 - standard collapsible, 11-7
 - Stokes metal, 11-7
 - UT 2000, 11-8
- mountain, 1-1
 - building, 1-4
 - composition, 1-1
 - structure, 1-4
 - complex, 1-5
 - dome, 1-4
 - fault-block, 1-4
 - fold, 1-5
 - volcanic, 1-6
 - rescue and evacuation, 11-1
 - stream crossing, 9-1
 - individual, 9-3, 9-4 (illus)
 - site selection, 9-1 (illus)
 - team, 9-4, 9-5 (illus)
 - walking techniques, 8-1
- mountaineering boots, 3-2 (illus)
- nutrition, 2-2
 - carbohydrates, 2-3
 - fats, 2-3
 - minerals, 2-4
 - protein, 2-3
 - vitamins, 2-3
- one-rope bridge, 7-14
 - commando crawl, 7-19 (illus)
 - hauling line, 7-21 (illus)
 - monkey crawl, 7-19, 7-20 (illus)
 - transport knot, 7-16 (illus)
 - transport tightening system, 7-15
 - Z-pulley tightening system, 7-18 (illus)
- packs, 3-27
 - day, 3-31
 - safety, 3-31
- personal hygiene, 2-5
- pitons, 3-13, 3-14 (illus), 6-54
 - ice, 3-24, 3-25 (illus), 10-14
- piton hammer, 3-14 (illus)
- pulleys, 3-21 (illus)
- rappelling, 7-5
 - commands, 7-7 (table)
 - types, 7-9
 - body, 7-10 (illus)
 - hasty, 7-9 (illus)
 - seat-hip, 7-10, 7-11 (illus)
- rating system, 1-8 (table)
- rocks, 1-1
 - classifications, 1-2
 - igneous, 1-2
 - metamorphic, 1-3
 - sedimentary, 1-3
 - types, 1-1
 - chalk and limestone, 1-2
 - granite, 1-1
 - sandstone, 1-2
 - slate and gneiss, 1-2
 - scree, 1-2
 - talus, 1-2
- rope coil carry, 11-5
- ropes, 3-8, 4-1
 - butterfly coil, 4-6 (illus), 4-7 (illus)
 - dynamic, 3-8

- fixed, 7-1
 - installation, 7-1
 - retrieval, 7-2
 - utilization, 7-1, 7-2 (illus)
- mountain coil, 4-4, 4-5 (illus)
- mountaineering, 4-1 to 4-3 (illus)
- static, 3-8
- terminology, 4-3, 4-4 (illus)
- route rating, 1-6 to 1-8
- sanitation, 2-6
- self-arrest, 10-11 (illus)
- shock, 2-14
- sleds, 3-29
- sling-rope carry, 11-4, 11-5 (illus)
- ski poles, 3-29 (illus)
- skis, 3-28
- snowblindness, 2-10
- snow picket, 3-25, 3-26 (illus)
- snow saw, 3-26
- snowshoes, 3-29
- snow shovel, 3-26
- spring-loaded camming device, 3-17
 - (illus), 5-13, 6-55
- stoves, 3-28
- sunburn, 2-10
- suspension traverse, 7-22 (illus)
 - construction, 7-23, 7-24 (illus)
 - equipment, 7-23
- tents, 3-28
- three-point camming device, 3-16 (illus)
- trench foot, 2-17
- Union des International Alpine Association, 1-7, 3-8
- vertical hauling line, 7-27 (illus)
- wands, 3-27
- water, 2-1, 2-2
 - consumption, 2-1, 2-2
 - potable, 2-2
- weather, 1-11
 - characteristics, 1-12
 - high pressure, 1-12
 - low pressure, 1-13
- forecasting methods, 1-24, 1-25
 - analog, 1-25
 - climatology, 1-25
 - numerical weather prediction, 1-25
 - persistence, 1-24
 - trends, 1-25
- fronts, 1-23
 - cold, 1-23
 - occluded, 1-23
 - stationary, 1-23
 - warm, 1-23
- hazards, 1-28
- humidity, 1-14
- temperature, 1-23, 1-26
- webbing, 3-9
 - tied runners, 3-9 (illus)
 - sewn runners, 3-9 (illus)
- wind, 1-13
 - air masses, 1-14
 - anabatic, 1-14
 - chill, 2-11, 2-12 (illus)
 - direction, 1-25
 - katabatic, 1-14
 - northeast tradewinds, 1-14
 - prevailing westerlies, 1-13
 - speed, 1-25
- wired snow anchors, 3-25, 3-26 (illus)
- Yosemite Decimal System, 1-6